

## Alexander Technique

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

Location: Warren Building

Min: 4/Max: 12

2 classes

Day	Time	Dates	Price
Wed	7:30 – 9 pm	April 2 & 9	\$45

## What's Next?

### Finding Work You Love

Instructor: Debra Taylor

Are you searching for a more fulfilling career? Are you re-entering the workforce? Have you always dreamed of starting a business? If you are searching for more satisfaction at work, or if you are ready to start exploring other career options, join us to clarify your career direction. Identify your favorite transferable skills through using a hands-on assessment tool, create a vision of your "dream job" and define what success means to you. You will develop action steps to get started on the path to manage a successful career or job change and discover the fulfillment you seek. Includes a 30-minute follow-up telephone session to keep you on track with your action plan.

Location: Warren Building

Min: 5/Max: 10

1 class

Day	Time	Dates	Price
Tu	6:30 – 9 pm	April 29	\$35

### Hunnewell Tennis Court Lights

Please look in the Adult Fitness & Exercise section for the

Hunnewell Tennis Court light user fees.

## Personal Care May Cost More Than You Think

Instructor: Sara Frost Azzam

On any given day, both males and females may use as many as 25 different cosmetics and personal care products (such as shampoo, toothpaste and deodorant) containing more than 200 different chemical compounds. The chemicals in any one consumer product alone are unlikely to cause harm. But unfortunately, we are repeatedly exposed to chemicals from many different sources on a daily basis, including cosmetics and personal care products. Our presentation offers an overview of personal care products, and how to determine what products are safe. We also demonstrate an interactive website which your members can use at home to find out about the products they use, and alternatives to consider if their products are potentially harmful. We also have some free samples to distribute, and we welcome your participation.

Location: Warren Building

Min: 6/Max: 10

1 class

Day	Time	Dates	Price
Mon	7:30 – 9 pm	April 14	\$35

## Holistic Health

Instructor: Arthur Gertler, MD

In the first class, we will focus on detoxification and toxicity as the prime instigator of most chronic degenerative diseases such as cancer, heart disease, arthritis, and Alzheimer's disease. The concept of aging will be explored as we learn how to avoid food and water-borne toxins through dietary discrimination. We will introduce you to general fasting and herbal regimens for detoxification as well as more focused approaches. In the cardiovascular session, lifestyle modifications will be discussed along with the latest concepts of risk factors. You will see how alternative methods can be used to reverse heart disease and how natural agents can be used to achieve cholesterol control as well as a panoply of other advantageous effects often beyond the reach of prescription medications. Join me to learn how to achieve more than you thought possible using safe and natural methods.

Location: Warren Building

Min: 6/Max: 18

2 classes

Day	Time	Dates	Price
Thur	7:30 – 9 pm	May 15 & 22	\$45